

# PREPARATIONS FOR a Long Journey



**JOHAN BERGMAN**



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# Preparations for a Long Journey

# Foreword

Have you ever thought about why you want to go on a long vacation? Ok, let that be your leading star. No matter if you want to go deep into the jungle somewhere in the tropics or you just want to stress down and relax, your preparation starts here. Most of the preparations for a long journey consists of practical and mental preparations, and for a few there is also a physical preparation. Yes people can discuss if you should plan and prepare or not. I have done both. It's as always up to you. But I tend to go with the flow and not prepare anything if it's less than a week, and when it goes up to two weeks I really start to pay some attention. We consider a long journey to be a travel that is longer than two weeks, and most people start to think much more then. This ebook is supposed to be a help and give you some basics in preparing you for a long journey.

Johan Bergman



# Before Your Journey





## **Every journey starts with a thought, and then you nourish it!**

Find books about what you want to do.

Find information on internet.

What part of the world is it.

Please check with your family doctor or visit [www.iamat.org](http://www.iamat.org) for further reading on vaccinations. You should probably visit [www.travel.state.gov](http://www.travel.state.gov), or your own governments travel warnings, to see if it's advisable to go there.

So you found out that you can go there. Now you have to start to plan when to have your vacation. But be advised, you have to know that you can do that thing you want to do, when you have your vacation. Because in certain parts of the world they have e.g. typhoon season and rainy season, and that can limit some things you want to do.

All I want to say is do not expect a lot of sun if you go during the rainy season, if that is what you want.

Next thing is your suitcase/backpack, where to stay, your ticket and please don't forget to check your passport if you're going abroad.

Short about where to stay. I always advice people to stay at local places, and not at hotel chains, because this way you'll make sure the money will stay in the country you visit.

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# Your Baggage



Now you have to decide what to pack in, a suitcase or a backpack. I always travel with a backpack, so for me it's easy. I would say that it depends on your destination.

You will also have to decide if you want to go light or heavy, and with that I mean, will you travel only with your carry-on baggage or will you check in a large suitcase.

If you are going to one place and stay there the whole vacation, well why not go heavy.

But if you're going to visit four to five cities, why not go light and with a cabin bag. You'll be so happy and comfortable between the transitions, like going from airplane to hotel, train to bus, bus to bus etc. But if you are going for a long journey between different kinds of developing countries, I really hope you pick a backpack.

When we talk about carry-on baggage we talk about the IATA, International Air Transport Association, measurements.

The carry-on baggage should have maximum length of 22 in (56 cm), width of 18 in (45 cm) and depth of 10 in (25 cm). These dimensions include wheels, handles, side pockets, etc. So now we know.

Since the weight you're allowed to bring as a carry-on baggage differs between the airlines, you better check with them

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## What to pack

When we pack we use our own traveling concept. That is the 10-5-3 concept. Let us very briefly go through this 10-5-3 concept. This is based on that you will travel only with your carry-on baggage, and you will at least in the start use an airplane to get going. There will be an empty template of the 10-5-3 concept for you to print at the end of the book.

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- Bring out everything you want to bring on your journey
- Out of everything you want to bring take out the 10 most important things you want to bring, I really hope you understand that this will not include liquids, banned and restricted items.
- Out of these 10 things you will now take out the 5 most important things you want to bring
- Out of these 5 things you will now take out the 3 most important things you want to bring
- Now put your carry-on baggage on a weights scale, and put your 3 most important things into the bag
- Continue to put in the other two things, so you end up with your 5 most important things

- Now you put in the last 5 things you want to bring, and take a look at the weight scale
- Either you have reached your limit or you can stuff some more into your bag
- Now you're ready to go.

You have now gained two things.

1. You have thoroughly thought through what you'll bring
2. The best thing of all, you'll travel light

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I mean don't bring a soap if you'll stay at a hotel all the time, and btw don't bring it at all, buy it on sight.

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This is what gear I use to bring with me when I travel, but as I said before it always depends on where you'll go, and what type of place you will stay at.

I mean don't bring a soap if you'll stay at a hotel all the time, and by the way don't bring it at all, buy it on sight.

That also goes for a knife, either you want a pen knife or you want a fixed blade, well buy it on sight.



## Basic Packlist

- Travel clothes/ shoes
- Off-travel clothes/ shoes, I basically only have two pair of clothes when I travel.
- Backpack/ cabin bag
- Detachable sidepockets, it's great to put the side pockets on your backpack when you have landed and then you can pack a little more.
- Buttpack/vest E.g. with a buttock you just put everything you have in your pockets inside it and clip it off your waist and you don't have to bother about the security at the airport, that also goes with the vest.
- Money belt- waterproof
- Camera/ Video camera with charger
- Travel power adapter, for different kinds of electrical outlets
- Biodegradable all-purpose soap. This soap doesn't destroy any organisms in lakes and rivers, and you can wash yourself and your clothes in it. I don't bring soap if I will stay at a hotel all the time.
- Toothbrush/ paste
- Towel, will not bring this either if I will stay at hotel all the time
- Copies of everything vital
- Passport
- Wallet/money
- Ticket
- Sleeping clothes, if you're going somewhere cold
- Multitool/ Knife, this is something I buy if I will stay for a while in the country
- Sharpener
- Paracord, yes I have to wash my clothes everyday, and that's why I bring paracord as a clothesline
- Spork and a mug, again I will not bring this if I'll be in a city

- all the time and staying at a hotel
- Mobile phone and charger
  - Compass & Gps
  - Shell Jacket/Poncho
  - Duct tape, small roll
  - Sewing kit
  - Butane lighter
  - Notepad/pencil, I can't live without this
  - Watch
  - Laminated picture and info, if I travel alone I like to have a laminated picture of my wife in my notepad and a laminated card with all the necessary telephone numbers, e.g. the embassy
  - Piece of rubber for the hole in the sink, this is where I usually wash my clothes
  - Toilette paper, it's always nice to have some if the public one lack
  - Water bottle, BPA free of course
  - Water purification tablets, in areas where you cannot drink the tap water
  - Map
  - Waterproof bags, always good to have, so you don't have to panic because it starts to rain and rain a lot
  - A couple of cable ties
  - Internet bank transfer/Mobile Bank ID
  - Basic Medical Kit



# Basic Medical Kit

## The 10 list

In the 10 list you will have all the basic needs you will need. You will of course have to add your own medication into the basic medical kit.

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Mosquito repellent.  
Make sure it contains  
DEET, and no less than  
30%

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1. Hand sanitizer. I really hope I don't need to explain this.
2. Mosquito repellent. Make sure it contains DEET, and no less than 30%
3. ORS, Oral Rehydration Salts. Everyday on the trek you will need to replace lost electrolytes, due to sweating
4. Painkillers, oral and suppositories. Suppositories is arguable, since they melt in 33°C/91°F
5. Antihistamine
6. Hydrocortisone salve, for itchy bites, sun eczema etc.
7. Disinfectant for wounds
8. Tablet for diarrhea
9. Tablet for constipation
10. Betamethasone soluble tablets

## **Additional**

The additional part is where you can easily add and subtract according to your destination, and what to do.

- Trauma bandage. It's better to be prepared.
- Waterproof plasters.
- Abrasion plasters. As soon as you feel anything wear and tear, please put on an abrasion plaster.
- Tweezer or nail scissors
- Adrenaline Auto-injector. Discuss with your doctor if you will be needing it.

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If you don't know how, why and when you should administer a drug, don't bring it!

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**If you don't know how, why and when you should administer a drug, don't bring it!**

**Learn about the active substance and the medicine and buy it on sight.**

**Make sure to buy "Generic Drugs"**





# During Your Journey





This is a book about the preparations for a long journey, and not what to do when you're out travel, but there are a few things I would like to address, like the culture chock, and what I use to say that you are not the center of the earth (even if you would like to think so).

If you travel far and to another culture, please interact with the locals, don't alienate yourself by sitting in the hotel and socialize only with your own kind.

Stay at a locally owned hotel, eat at local restaurants and try the local dishes, all this will reward you, and you will see that they have something good too.

**Go with the flow, and decide that whatever happen you will like it. This is a mind set.**



If you only travel to countries with your own culture or you won't stay that long, you'll never experience the culture chock. You can even travel far and to another culture and stay for a long time, and never experience the culture chock if you only socialize within your own culture. You have to be exposed to another customs, traditions etc.

I had my first, the big one, coming quick since I traveled alone and never socialized with other than the locals.

When we talk about culture chock there is usually three stages:

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I had my first, the big one, coming quick since I traveled alone and never socialized with other than the locals.

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1. The Honeymoon, this is when you arrive and everything is golden, everything is fine, everything they do is fantastic, well everything is just great. If anyone would piss on me, I would say WOOHOO I am accepted in their culture, they like me.
2. Culture Chock, this is the next stage where you more or less hate everything they do, they haven't understood the world order, they even squeeze the tube wrong
3. Mix it all up, is when you start to see that some things in your own culture are good and bad and likewise with the other one. So when you mix it all up you will get a nice ride, and enjoy the flow.



At the end of your stay, either of you will travel by plane back home or to another country.

What I use to do is to find the local post office and send all the stuff I want to save back home, sometimes the cheapest one takes about three months to deliver, at that time you might be home or you send it to a friend, and he's picking it up for you.

The things you don't want send back home, like the change, that ugly shirt you bought, your pen knife etc, you can give to a homeless or a charity NGO or whatever is suitable for you.

Don't just throw it in the trash can in your hotel room.





# Hints on Ethical Tourism







## **Do travel, but on who's expense?**

- Make sure that the money you spend will stay with the people and in the country. Here are just a few tips on how you can travel more fair:
- Buy locally made food and drinks
- stay at a locally owned hotel and eat at the local restaurant
- Don't bargain just for the sake of it
- Leave a tip for e.g. the cleaning lady at the hotel
- Study the country and the local culture/Learn about the country
- Behave like you would like tourists to behave in your country
- Think about the local dress codes
- Ask before you take a picture of someone, especially children and people in exposed situations





# The Path



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# 10-5-3 Concept



Here's the empty template of the 10-5-3 concept for you to print.

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Good Luck!